



On the 27<sup>th</sup> of May 2013 my dad Calvin Palmer had a life threatening accident whilst racing his 1000cc sidecar at Bewdley. Dad suffered from a bleed to the brain, broken pelvis, chipped vertebrae in his neck, broken collar bone and 7 broken ribs. He was flown from the accident, to Queen Elizabeth Hospital in Birmingham, where he went straight into surgery, to hopefully stop the bleed to the brain, and a hand size piece of skull was removed to help reduce the swelling. Once out of theatre we were told the next 48 hours would be critical for Dad.



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Dad's operation was a success. He remained in critical care for 4 ½ weeks in an induced coma, where in this period of time he suffered a collapsed lung, chest infection and MRSA, but despite this dad still fought every step of the way. He was then moved to a ward, and continued to make slow and steady progress. At 9 weeks dad was breathing by himself, and his tracheostomy was removed. He was able to say the odd few words, drink thickened fluids and eat liquidised foods. He had also gained movement in the left hand side of his body and on occasions the odd twitch from the right hand side. After 17 weeks, Dad was moved to Frenchay Brain Injury Rehabilitation Centre, Bristol, where he is now undergoing an intense programme of therapies. He is now eating and drinking normally, and is managing to put a few words together to form sentences, at times. It is going to be a long, slow process, but Dad in time will be able to return home, and hopefully lead a normal life once again.

**We were told by the Consultants and Surgeons from the Queen Elizabeth Hospital, that if it wasn't for the speedy and professional work that Dad received from the Air Ambulance Crew, and the Medical Team at Bewdley, Dad would not be here today.**

**Words will never be enough to thank them. So as a way of showing our grateful thanks, I have set myself a challenge to raise £5,000.00, which we were told was the cost involved in Dad's treatment by the Air Ambulance.**



I am going to be taking part in a big challenge, and will be doing something that will be close to my dad's heart. With help and support from some very special friends within the Grass Track Community and one special person in particular Mark Cossar and Team 37.

During the start of the racing season 2014, I will be doing a four lap demonstration, as a Passenger on a 1000cc sidecar with the Current and 4 times British Champion Mark.

We had hoped that this event would take place, with the consent of Ledbury MCC (Dad's home club), during one of their 2014 fixtures. Very sadly, due to Mark not returning to England from his Australian Open and Oceania Championships, until the 1<sup>st</sup> April, 2014, this would not allow us the important practice time needed, to do Ledbury's first meeting on the 13<sup>th</sup> April. Other date clashes for Mark, rule out the possibility of the event taking place on Ledbury's other proposed dates, so very kindly the Midshires Club have stepped forward, and offered us to do the Challenge at their meeting, on the 11<sup>th</sup> May, which will be at their usual venue at Victory Field, Ashorne, Warwickshire.



Also as part of my fund raising challenge, I have faced another of my biggest fears, Needles. I have had a tattoo designed, by Kyle James Woolley at Inkfinate Tattoos, Hereford emblazed on my back, in honour of the wonderful work the Air Ambulance do, and for saving Dad's life. This took place on 28<sup>th</sup> October 2013, and was the start of my campaign to raise £5,000.00, as an awareness of the wonderful lifesaving work that these remarkable people do on a daily basis.

To support my fund raising challenge, **I need your support**, through sponsorship, and/or donations. You can do this by Facebook on the Calvin Palmer Air Ambulance Support Page, which is linked to the Midlands Air Ambulance "JustGiving" or by cash/cheque donations (please make cheques payable to Midlands Air Ambulance) to myself Hannah Palmer or any member of the Family, or email [SallyPalmer226@aol.com](mailto:SallyPalmer226@aol.com) for more information. Also we will have Air Ambulance collection pots/ Sponsorship Forms available at Midshires on the 11<sup>th</sup> May and at local businesses in Herefordshire, so please look out for these. Air Ambulance wrist Bands are now available to purchase, for this event so please contact family if you wish to purchase, and show your Support.